PERFECT
SIGHT
WITHOUT
GLASSES

BATES

DIRECTIONS FOR THE USE OF THE SNELLEN CHART

PLACE the card on the wall, stand about ten feet away, and read as far down the card as possible, first with one eye, then with the other, keeping the eye not in use covered with the palm of the hand. Keep a daily record of the line read in order to follow progress.

Over each line of letters is a little numeral, indicating that at that distance the letters below should be read by the normal eye. For instance over the big C at the top, is the figure 200. This letter, therefore, should be read at a distance of 200 feet.

By frequent palming, swinging, and resting the eyes, it is possible to improve all cases of defective vision to normal. Imperfect sight is caused by strain and cured by rest. The use of the Snellen Test Card prevents and cures strain.

If, for example, you can only see to the fifth line, place your hands over your eyes and palm. Remember a small letter perfectly black, as the memory of perfect letters of objects is restful.

There are various and numerous ways of using the card. Another favorite use is to swing the letters. Place the card at a comfortable distance, and look to the right of it. If you swing in one direction, the card

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seems to go in another. All those familiar with Dr. Bates' method, know the value of seeing things moving all the time.

Many serious defects can be cured by the use of the Snellen, and those who have normal sight can improve it, becoming able to read the ten line at fifteen feet or further.

The Snellen Test Cards may be obtained at this office.

Paper 25c. Cardboard 50c.

All others designed by Dr. Bates including black with white letters 75 cents.

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How To Use The Snellen Test Card

for

The Prevention and Cure of Imperfect Sight in Children and Adults.

By

W. H. BATES, M. D.

NEW YORK CITY

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PUBLISHERS OF
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AND
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BY TREATMENT
WITHOUT GLASSES

NEW YORK, Nov 21, 1924.

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The September Issue of "Better Eyesight" is a particularly interesting one. It contains some original suggestions which will prove helpful if carried out.

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Assuring you of our interest and hoping to hear from you, we are

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